

# HEALTH FOUNDATION

of South Florida

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*Improving the health  
status of residents in  
Broward, Miami-Dade  
and Monroe Counties  
by supporting not-for  
profit organizations.*

September 9, 2004

Dear Fellow Residents,

The Health Foundation of South Florida is pleased to acknowledge its partnership with Miami-Dade County Mayor's Health and Fitness Challenge.

Today HFSF is the largest health services grantmaker in Miami-Dade, Broward and Monroe counties awarding more than \$48 million since 1993. Breaking down barriers to healthcare access and promoting good health, disease prevention and encouraging our residents to adopt healthy lifestyles is at the core of our Foundation's mission.

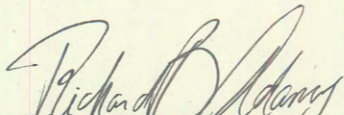
When we approached Mayor Penelas, he embraced the concept and pledged his full support. He committed his staff and encouraged county employees and most importantly our residents to get involved in "getting fit, eating right and reducing stress". Twelve months of programming and thousands of participants later, Health Foundation is heartened by the achievement of this healthy lifestyle awareness campaign. We hope that the initiative will serve as a springboard for future health promotion activities by the county and the corporate sector.

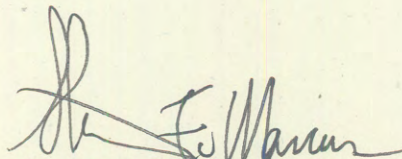
Health Foundation of South Florida looks to forming similar collaborations with other public and private partners as it strives to improve the health status of our residents, supporting health and health related human service non-profit providers through grantmaking and technical assistance.

We value the work of our community's providers, our partnership with other funders and collaborators and our desire to make a positive impact in South Florida. Please visit our website to learn more about our Foundation at [www.hfsf.org](http://www.hfsf.org).

Although the official challenge year is complete, each of us needs to continue to take steps toward a healthier life.

Sincerely,

  
Richard B. Adams, Jr.  
Chairman

  
Steven E. Marcus, Ed.D.  
President, CEO



In Partnership with:

**Health Foundation**  
*of South Florida*

Presented by:



**WANT TO GET HEALTHY AND DON'T KNOW HOW?**  
Take the Challenge and...

***Get Fit! Eat Right! Chill Out!***

Join this year-long program of FREE, monthly fitness, nutrition  
and stress management activities designed to help  
you and your family get healthy.



***It's fun. It's free. It's up to you!***



**FOR INFORMATION ON MONTHLY EVENTS Call: 305-375-3333**  
**Or Visit: [www.mayorschallenge.net](http://www.mayorschallenge.net)**



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